

## Positive Attitudes for Healthy Living

By Kate Schmidtkunz RN, BSN

Positive attitudes and a healthy outlook on life are vital to our physical, emotional and social well-being. Understanding our attitudes are important because it affects who we are and how we respond to life's situations. A positive attitude helps you meet and accept the challenges of life. The opportunity for growth and a better understanding of ourselves is possible with the right attitude. Healthy self esteem includes developing our strengths and overcoming weaknesses, striving to do our best, and setting realistic goals.

Finding satisfaction in life, establishing and maintaining strong, healthy relationships and having self confidence allows us to meet the challenges of the day. Remaining positive and healthy involves living a healthy lifestyle which includes, regular activity and exercise, eating a well balanced diet, getting plenty of rest and using prescription medications as intended and instructed. A positive attitude and a healthy outlook can be developed and maintained with time and effort.

Considering moving into a retirement facility? Besides the convenience of community living, your health may improve. Much has been written about the effect of a positive attitude to one's general well-being. There are many reasons to be positive in a retirement community. Retirement communities foster an environment that allows seniors to be socially engaged and active which promotes health and wellness in mind, body and spirit.

A resident of an independent retirement community shared the positive benefits he experienced:

*"When I moved to a retirement community I was not walking well and was unable to do laundry and lots of similar things due to a small stroke. Three and a half years later my doctors have told me I am doing very well. I contribute my great health to several things.*

*First, I now enjoy meals not only because the food is so good, but also because the dining room is a cheerful place to be and the wait staff makes it a pleasure to come down to meals. I also eat with interesting and welcoming people.*

*Second, I am never bored. There are a great number of presentations, both informational and entertaining. I enjoy going to outings, theatre and restaurants."*

What this resident experienced are a couple of the benefits of a retirement community. The benefit of a well balanced diet. Menus in retirement typically are low sodium, low fat and the offerings are rich in fiber, fresh fruits and vegetables and whole grains. The benefits of intellectual stimulation and socialization impacted this resident's life. Attending lectures and the performing arts, visiting with a diverse group of peers keep the mind sharp.

Retirement communities provide a positive, healthy environment. Most communities offer exercise classes or a fitness center. Regular exercise for seniors increases joint flexibility, muscle strength, endurance and coordination to prevent falls and increase balance. Some retirement communities are

integrated in a continuum of care, including rehabilitation, skilled nursing, assisted living and home health.

Enjoy your life of health and happiness.

For more information on the healthy benefits of community living please call Kate Schmidtkunz RN BSN, Wellness Coordinator at San Camillo. 414/259-4680